

ALZHEIMER'S SUPPORT GROUP

When: 4th Thursday of the month from 6:30-8:00 p.m.

Where: Fond du Lac Senior Center

Facilitated by Jaime Roth, Referral Manager at All About Life Rehabilitation Center, and Ginny Nyhuis, Community Outreach Coordinator of the Alzheimer's Association of SE Wisconsin

DIABETIC SUPPORT GROUP

(3rd Tuesday of the month from 4-5 p.m.)

Aurora Health Care Center, 210 American Drive, American Room

PARKINSON'S SUPPORT GROUP

(2nd Monday of the month at 10 a.m.)

Aurora Health Care Center, 210 American Drive, American Room

PROSTATE CANCER

(2nd Tuesday of the month at 8:30 a.m.)

Rolling Meadows Restaurant, 947 S. Rolling Meadows Drive

GLUTEN-FREE SUPPORT GROUP

The mission of the group is to connect individuals in the Fond du Lac area with support and resources that make living a gluten-free life easier and more successful. Includes gluten-free refreshments. For more info call 322-3636.

Alzheimer's Support Group

- **When:** Second Tuesday of each month from 1:30 to 3 p.m.
- **Where:** Adult Day Services; 420 East Merrill Avenue, Fond du Lac
- **Contact:** Kathy Kempf - (920) 921-5812 or (920) 921-5813

Alzheimer's Caregiver Support Group

- **When:** First Thursday of each month from 5 to 6 p.m.
- **Where:** Ripon Medical Center, Princeton Room (First Floor)
- **Contact:** Kathi Luker, (920) 229-7621
- Group facilitated by James Wallace D.O.

Adult Grief Support Groups

Ripon Public Library (Life After Loss)

- **When:** Second Tuesday of each month at 1:30 p.m.
- **Where:** Ripon Public Library Nash Room; 120 Jefferson Street, Ripon
- **Facilitated by:** Sharon Modrzynski, CT
- **Contact:** Sister Joyann Repp at (920) 907-3926

St. Agnes Hospital

- **When:** Third Tuesday of each month from noon to 1:15 p.m.
- **Where:** Agnesian HealthCare Behavioral Health Services Conference Room, 430 E. Division Street, Fond du Lac
- **Contact:** Sister Joyann Repp - (920) 924-4660

St. Agnes Hospital

- **When:** Second Wednesday of each month 6 to 7:30 p.m.
- **Where:** Agnesian HealthCare's Fitness Center Meeting Room, Lower Level (across from St. Agnes Employees Credit Union)
- **Contact:** Sister Joyann Repp - (920) 907-3926

Waupun Memorial Hospital

- **When:** Third Wednesday of each month from 1 to 2:30 p.m.
- **Where:** Waupun Memorial Hospital Chapel; 620 W. Brown Street, Waupun
- **Contact:** Staci Salzmann - (920) 907-3926

Brain Injury Support Group

St. Agnes Hospital

- **When:** Second Tuesday of each month at 7 p.m.
- **Where:** St. Agnes Hospital: Finance Meeting Room; 430 E. Division Street, Fond du Lac
- **Contact:** Shirley Speier - (920) 926-5648

Breast Cancer Support Group

St. Agnes Hospital

- **When:** Third Tuesday of each month, except July & December from 6:30 to 7:30 p.m.
- **Where:** St. Agnes Hospital: Fitness Center Conference Room; 430 E. Division Street, Fond du Lac
- **Contact:** Kay Groeschl or Lisa Michels - (920) 926-4116

Cancer Support Group

Ripon Medical Center

- **When:** Call for more information.
- **Where:** Ripon Medical Center; 933 Newbury Street, Ripon
- **Contact:** Linda Powell - (920) 748-9134

St. Agnes Hospital

- **When:** Second Wednesday of each month from 4:30 to 5:30 p.m.
- **Where:** St. Agnes Hospital: Journey's: A Health Resource Center; 430 E. Division Street, Fond du Lac
- **Contact:** Kristie Martin - (920) 926-4103

Cardiac Support Group

Ripon Medical Center (Healing Hearts)

- **When:** Third Tuesday of each month with the exception of June, July & August at 6:30 p.m.
- **Where:** Ripon Medical Center: Green Lake Room; 933 Newbury Street, Ripon
- **Contact:** Lacey Bruce - (920) 748-9174

St. Agnes Hospital

- **When:** Monthly with the exception of July & August from 11:30 to 1 p.m. (complimentary lunch at 11:30 - Meeting begins at noon). Days subject to change, call for schedule details.
- **Where:** St. Agnes Hospital: Journey's: A Health Resource Center; 430 E. Division Street, Fond du Lac
- **Contact:** Terri St. Lawrence - (920) 926-4961

Caregiver Support “Caregiver Coffee Break”

General non-disease specific.

- Meets 3rd Wednesday of each month
- 4:30-6:30 pm
- St Agnes hospital, 6th floor meeting room

Depression and Bipolar Support Alliance (DBSA)

Peer led support & education group for people with depression or bipolar.

St. Agnes Hospital

- **When:** Every Monday from 7 to 8:30 p.m.
- **Where:** St. Agnes Hospital: 6th Floor Meeting Room; 430 E. Division Street, Fond du Lac
- **Contact:** Larry Berg - (920) 979-3435

Diabetes Insulin Pump Support Group

St. Agnes Hospital

- **When:** Second Tuesday in January, March, May, July, September and November from 5:30 to 6:30 p.m.
- **Where:** St. Agnes Hospital: 5-West Conference Room; 430 E. Division Street, Fond du Lac
- **Contact:** Diabetes Services (920) 924-4661

Diabetes Support Group

St. Agnes Hospital

- **When:** First Monday in September, November, January, March and May from 5:30 to 7 p.m.
- **Where:** St. Agnes Hospital 6th Floor Conference Room, 430 E. Division Street, Fond du Lac
- **Contact:** Laura Seefeld - (920) 924-4661

Ripon Medical Center

- **When:** First Monday in October, December, February and April from 5:30 to 7:30 p.m.
- **Where:** Ripon Medical Center Green Lake Room, 933 Newbury Street, Ripon
- **Contact:** Laura Seefeld - (920) 924-4661

Dialysis Support Group

Fond du Lac Dialysis Center

- **When:** Every Wednesday in March, June and September at 4 p.m.
- **Where:** Fond du Lac Dialysis Center; 101 S. Pioneer Road, Fond du Lac
- **Contact:** Diane Posthuma - (920) 324-6515

Waupun Dialysis Center

- **When:** Every Wednesday in March, June and September at 4 p.m.
- **Where:** Waupun Dialysis Center; 10 Beaver Dam Street, Waupun

- **Contact:** Diane Posthuma - (920) 324-6515

Domestic Violence Support Group

Shine is a support group for women who have been abused physically, sexually, verbally and emotionally, or who are currently involved in a domestic violence relationship.

St. Agnes Hospital (Shine)

- **When:** Every Monday from 10:30 a.m. to noon and every Thursday from 5 to 6:30 p.m.
- **Where:** St. Agnes Hospital: Fifth floor Diagnostic & Treatment Center; 430 E. Division Street, Fond du Lac
- **Contact:** Domestic Violence Program - (920) 926-4372

Family Addiction Educational Program

Applying a family-systems perspective to increase family and friends understanding of addiction and recovery.

- **Designed with One Goal in Mind...** To recognize and become aware of distorted beliefs and experiences that shape behaviors, participants will identify new healthy ways of coping with the progressive nature of the disease.
- **2013 start dates include:** Tuesdays, February 19, April 9, June 4, July 16, September 10 and October 19. Classes are scheduled from 4:30 to 6 p.m. in St. Agnes Hospital's Outpatient Behavioral Health Services Department (Diagnostic & Treatment Center, fifth floor).
- Cost is \$40 per person for each four-week program. For more information or to register, call (920) 926-4388 or (920) 926-4387.

Cash payment is required prior to attending the first group session. Payments can be made at the St. Agnes Hospital Cashiers Office (located on the first floor of the Fond du Lac Regional Clinic, behind clinic registration), Monday through Friday from 8 a.m. to 5 p.m.

Family Caregiver Call-In

Family Caregiver call-in is an opportunity for family caregivers throughout the state of Wisconsin to talk, share, support, and learn from other who are also going through the caregiver journey. Each month alternates between a call-in chat and a speaker talk on a topic chosen by the group. No cost to participate

- 2nd Tuesday of each month
- To RSVP call Kathy Ford of the Kenosha County ADRC at 262-605-6646

Multiple Sclerosis Support Group

St. Agnes Hospital

- **When:** Call for dates and times
- **Where:** St. Agnes Hospital; 430 E. Division Street, Fond du Lac
- **Contact:** Nancy Thompson - (920) 926-4213

Ostomy Support Group

St. Agnes Hospital

- **When:** Quarterly on the following dates and times: Second Wednesday in February, May, July and October from 2 to 3:30 p.m. or 6:30 to 8 p.m.
- **Where:** St. Agnes Hospital: Journey's: A Health Resource Center; 430 E. Division Street, Fond du Lac
- **Contact:** Journey's: A Health Resource Center - (920) 926-4960

Sleep Apnea Support Group

St. Agnes Hospital

- **When:** Quarterly (Call for dates)
- **Where:** St. Agnes Hospital: Journey's: A Health Resource Center; 430 E. Division Street, Fond du Lac
- **Contact:** Journey's: A Health Resource Center - (920) 926-4960